



Recipe for-

Easy Veggie Recipe: Roasted Brussels Sprouts

Roasted Brussels Sprouts make an interesting side dish to serve along with a family meal. The roasting process makes the dish very sweet and brings out the flavor. They can be found all year at most supermarkets, or found at your local farmer's market during the summer months.

Ingredients:

2 cups fresh Brussels Sprouts, they can be found at your local supermarket or farm market.

¼ teaspoon salt

1/8 teaspoon ground black pepper

1 tablespoon olive oil

Preparation steps:

Preheat oven to 400 degrees.

Rinse Brussels Sprouts in cool water. Remove the stem and outer leaves. Slice each Brussels Sprout in half lengthwise. Place on baking sheet.

Sprinkle with salt & pepper, then drizzle with olive oil. Toss lightly to coat.

Bake 15 minutes.

Enjoy as a side dish or serve atop a mixed green salad!